



About Us

Caribbean People Organization Inc. (CPO) is a 501(c)(3) corporation. As a nonprofit corporation, our mission is not only to educate the community about our Caribbean culture and heritage through food and music, but to give back to the community.

CPO dedicates their energy to battered women shelters, conducting free workshops (counseling, financial planning, first time home buyers, event planning, domestic violence awareness, and becoming an entrepreneur, career development, health and wellness) for the community, supporting child day care centers, feeding the community.

For more information, contact us at:
caribbeanpeopleorg@gmail.com



CPO's objective is to raise funds at the Virginia Jerk Fest with its efforts to improve the quality of life for citizens in Hampton Roads and surrounding communities.

The festival efforts will improve and partner with other charitable organizations to stop battered women and domestic violence, support essential programs and services to counsel those women, mentor youth and develop professional workshops.

Virginia Jerk Fest, a family friendly event, will be held at Virginia Beach Sportsplex, 2181 Landstown Rd, Virginia Beach, 23456 on Saturday, July 25th, 2015.

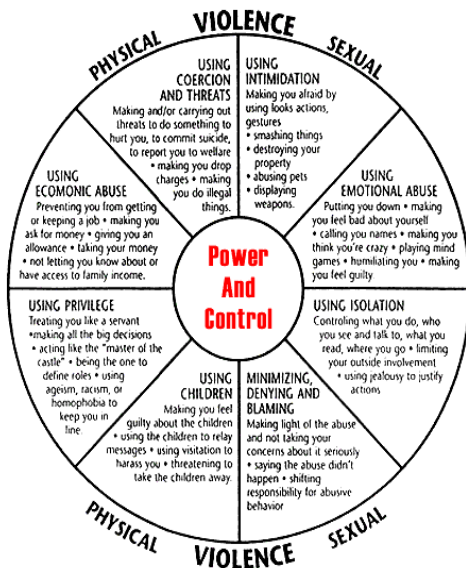
For more information, visit:
www.virginiajerkfest.com
or contact us at:
vajerkfest@gmail.com



**STOP DOMESTIC
VIOLENCE**

KNOW THE SIGNS

CARIBBEAN PEOPLE
ORGANIZATION, INC., NONPROFIT
ORGANIZATION 501(c)(3)



KNOW THE SIGNS

- Intimidation** – making the victim feel afraid by using looks, actions, gestures. Smashing things. Destroying property. Displaying weapons.
- Emotional Abuse** – calling victim degrading names, playing mind games, making victim feel guilty. Bringing self-esteem down.
- Isolation** – limiting victims movements, who they see, talks to, does etc. Using jealousy to justify actions.

Minimizing Denying and Blaming – making light of the abuse and not taking the victim's concerns seriously. Believes the abuse didn't happen. Shifting responsibility for abusive behavior.

Using Children – using children to relay messages. Using visitations to harass the victim. Threatening to take children away.

Male/Female Privilege – treating the victim like a servant. Making all the big decisions. Acting like the "Master or Queen of the castle."

Economic Abuse – preventing victim from getting a job. Giving victim an allowance, taking all the money. Not having any access to any of the family income.

Coercion and Threats – making and carrying out threats to do something to hurt the victim. Threatening to leave. To commit suicide. Making victim drop charges.

FOR ADDITIONAL HELP IN VIRGINIA, PLEASE CALL...
POLICE: 911
HOTLINE: 1-800-838-8238
AVAILABLE (24/7)



If you suspect that someone you know is being abused, speak up! If you're hesitating—telling yourself that it's none of your business, you might be wrong, or the person might not want to talk about it—keep in mind that expressing your concern will let the person know that you care and may even save his or her life. Talk to the person in private and let him or her know that you're concerned. Point out the things you've noticed that make you worried.

Tell the person that you're there, whenever he or she feels ready to talk. Reassure the person that you'll keep whatever is said between the two of you, and let him or her know that you'll help in any way you can.

By picking up on the warning signs and offering support, you can help them escape an abusive situation and begin healing.

JOIN US FOR ONE OF OUR BIGGEST FUNDRAISER, VIRGINIA JERKFEST.



VIRGINIA BEACH
SPORTSPLEX

2181 Landstown Road
Virginia Beach, VA 23456

Saturday, July 25, 2015
12:00 p.m. - 10:00 p.m.



JERK COOK-OFF COMPETITION



FOOD, FUN & ENTERTAINMENT!

ENJOYMENT FOR THE ENTIRE FAMILY



EMAIL: vajerkfest@gmail.com

WEBSITE: www.virginiajerkfest.com

CONTACT: (757) 779-3637